

Apan adhikār aur jimwāri jano: Aṣṭrelia me pregnansi aur ladkan pālna



Ek insān ke jindagi me sab se
baḍa bāt he bāp māi banna.
Iske sathe bahut sharirik aur
mānsik badlao āwe he. I sake
he bahut khusi, sukh la taem
rahe lekin agar āp videsh me
parwār aur sahaeta se dur
rahta he to i sake he bahut
bajhan, ghabrahat aur dabao la
samae rahe.

Agar āp ya āp ke pāṭna
garabwati he ya āp ek parwār
suru kare ke bare me sochta
he to i jaruri he ki āp ke garab
ke asar āp ke kām ke āe jāe
ke, jisme āp ke kām ke adhikār
aur jimwāri he, kharcha, viza
ke kondishans, medikal aur
insurans ke jarurat ke bare me
pura and sahi jānkari rahe. I
jānkari se āp ke apan aur apan
parwār ke khatin faisla banae
me sahaeta mili.

SANCHEP ME

- ek karamchāri ke khilaf bhed bhao, jaise ki
kām se nikalna, dimoshan ya aur se alag
rakam ke veobhār nai kara jae sake agar u
garabwati he.
- agar jaruri he ki āp ek dokṭa se apan garab
ke bare me bāt karo aur sab swast ke chikitsa
karao aur apan bōs se surakchit kām, aur bina
talab ke līv aur kām ke vaeavastha ke bare me
bāt karo.
- Aṣṭrelia me bina insurans ke bacha ke janam
sake bahut mahanga paḍe – i bahut jaruri he
ki apan swast insurans ke de wala se bāt kar lo
ki āp kavaḍ he ki nai.
- I bahut jaruri he ki Dipāṭment of Haum Afeās
se apan baebi ke bare me hali se hali bāt
karlo jis se ulong āp ke baebi ke viza ke
bare me maddat kare.

Garab, ladkan palna aur Aṣṭrelia ke kanūn



Aṣṭrelia me dono bōs aur karamchāri ke pās
alag alag kanūn ke niche garab, bappa maiya
ke chuṭṭi, kām pe laṭe aur kām ke jagha ke
swast aur surakcha ke leke adhikār aur
jimwārti he.

I kanūn aur surakcha ke matalab he ki Aṣṭrelia me apan
garab ke vishae me apan bos se bāt-chit ke karwāi fea
rahe. Āp ke koi rakam ke ḍar ya chinta nai mango raho
apan kām ke khoe me apan garab ke karan. Āp aur āp
ke bōs ke bich me i adhikār aur jimwāri ke bare me hali
aur sahi bāt-chit hoe se āp ke mauka mili kām karte
rahe ke aur sathe apan garab ke chuṭṭi aur kām pe
laṭe ke bare me yojna kare ke.

Bhed-bhāo se surakcha

Koi bhi karamchāri ke sate koi rakam ke bhed-bhāo uske garab hoe ke karan nai sake kara jae. Is ke matlab he ki koi karamchāri ke barkhas, ya padwi se niche karna ya gaer saobhao rakhna nai hoe sake i karan se ki u garab he.

Mūl karan: Aṣṭrelia Govmant Fea Wōk Ombadsmen, Pregnant
Employi Entāetalmēntz

Apan dokṭa se bāt karo



Aṣṭrelia me agar āp ya āp ke pāṭna garab he to sab se pahile apān dokṭa se bāt karo. I bahut jaruri he ki sab jaruri swast ke nirakchan aur skēn hoe jae jis se dono maiya aur baebi ke swast ke samjha jae. Is se āp ke maddat hoi āp ke yojna kare me kahes ki āp sakta he jane ki baebi ke hoe me kitna samae he. [Health Direct Service Finder](#) ke istamāl karo ya apān bōs se bāt karo ki nazdik āp ke dokṭa kaha mili chek-ap ke khatin. Dheyan rakhna ki āp ke dokṭa bina āp ke ijajat ke koi se āp ke bare me bāt nai sake kare.

Kab hame chahi he apān bōs se batae ke?



Jab ki i jaruri nai he ki āp apān grab ke bare me apān bōs se batao lekin kuch swast, surakcha, aur juḍa bāt jisme āp ke hak ke bhi vichar he uske karan se batae ke chahi he.

Jaise ki, agar āp bina talab ke garab ke chuṭṭi mangta he, āp ke apān bōs ke das hapta pahile batae ke paḍi. Agar āp apān kām ke padwi ke mangta he badle jis se āp ke aur āp ke baebi ke surakcha mile, i accha bāt rahi ki āp apān bōs ke jaldi batae do jis se sab intazām kara jae sake.

Khiyal rakhna, āp aur āp ke bōs ke bich me āp ke garab ke bare me sahi aur hali bāt-chit se āp ke mauka mili apān garab ke aur baccha ke janam ke khatin yojna kare ke.

Agar āp apān garab ke bare me apān bōs se bāt kare me accha nai mahsus karta he to āp apām PALM sapōṭ sevis lāin ke koṭekṭ sakta he kare ya apān samaj me koi bharosa la insān se rāe aur sahaeta ke bare me bāt sakta he kare. Āp [Working Parents: Quick Guide to Your Rights](#) pe bhi jae sakta he aur jānkari ke khatin ki kab aur kaise apān bōs se bāt karo.

Khiyal rakhna, i gaer kanūni he ki āp ke bōs āp ke koi ḍanḍ de, ya kām se nikale i karan se ki āp garab se he. Agar āp ke sathe aise hoe he, to āp Fea Wōk Komishan se kanūni salah le sakta he.

Ham garab ke samae bhi kām karte rahe sakta he?



Ha, garab hoe ke i matlab nai he ki āp kām nai sakta he karte rahe aur apān kām la jagha ke khatin apān yogdān nai sakta he de.

Fūl ṭaem aur pāṭ ṭaem karamchāri jon garab se he apān smānye sik līv ke istamal sake he kare agar garab ke karan uske koi bimāri ya chōṭ chapet hoe he. [Pregnant employee entitlements - Fair Work Ombudsman](#) ke niche 'sik līv' dekho.

Sab karamchāri, kesual ke bhi joḍ ke i adikār he ki agar ulong ke rozana kām ulong ke garab ke karan surakchit nai he to ulong sake he ek 'surakchit kām' pe jae. Isme u karamchāri bhi samil he jis ke bina talab ke garab ke chuṭṭi ke adhiḱār nai he. Jada se jada samae āp aur āp ke meneja koi na koi samedhan khoj lai aur āp apān kām surakcha se choṭa-moṭā badlao ke sathe karte rahega.

Agar āp ke khatin koi bhi surakchit kām nai mile he to āp 'nao saif job' ke niche līv le sakta he āpān talab ke anusār jab tak āp ke Fea Wōk Ekṭ ke niche peranṭāl līv suru nai hoe. Āp ke sabut ke taur pe ek meḍikal seṭifikāṭ de ke paḍi agar āp ke bōs mangi.

Aur talab ke bare me jane ke khatin, hak ke bare me aur kitna ghanṭa 'saif jobs' ya 'nao saif jobs' [Pregnant employee entitlements - Fair Work Ombudsman](#) pe uchit sekshans pe jao.

The screenshot shows the Fair Work Ombudsman website. The header includes the logo, 'Fair Work OMBUDSMAN', and navigation links for 'Home', 'Leave', and 'Maternity & parental leave'. The main heading is 'Pregnant employee entitlements'. Below it, a sub-heading states 'There are a range of entitlements available for pregnant employees.' A section titled 'On this page:' lists several links: 'Sick leave', 'Special maternity leave', 'Compassionate leave', 'Safe jobs', 'Directing employees to take parental leave', 'Protection from discrimination', 'Tools and resources', and 'Related information'.

Ham bina talab ke garab ke chuṭṭi ya bina talab ke chuṭṭi le sakta he?



Ha, Aṣṭrelian kanūn ke niche, agar āp apan bōs ke khatin lagatār bāra mahina kām kara he to apan baccha ke hoe la janam ke tarik se pahile, to āp (ya āp ke pāṭna) ke bāra mahina ke bina talab ke perantāl chuṭṭi le ke adhiḱār he agar āp (ya āp ke pāṭna) ke baccha ke dekh bhāl kare ke jimwāri he. Āp ke apan bōs ke das hapta pahile mango batae do agar chuṭṭi le mangta he.

Enṭi-diskriminaishan kanūn ke niche agar āp bāra mahina tak kām nai kara he, tab bhi āp bina talab ke chuṭṭi ke bare me apan bōs se bāt kare sakta he. Āp ke bōs āp ke chuṭṭi ke arzi ke manā nai sake kare āp ke sekz, garab awastha ya parwār ke jimwāri ke karan.

Āp apan chuṭṭi baccha ke che hapta paida hoe se pahile suru kare sakta he ya us se bhi pahile agar āp aur āp ke bōs me manzuri rahi. Āgar āp baccha ke che hapta paida hoe se pahile kām karte rahega to āp ke bōs āp se kuch meḍikal pruf mangi jis me likhan rahi ki āp kām kare ke khatin thik he.

Aur jānkari ke khatin Fea Wōk Ombaḍsmen ke webpaij [Applying for parental leave - Fair Work Ombudsman](#) pe Māṭeniṭi aur perantāl līv- fea Wōk Ombaḍsmen pe jāo.

Ham kām pe lauṭe sakta he bina talab ke chuṭṭi le ke bād?



Ha, agar āp ke Aṣṭrelia ke kanūn ke niche bina talab ke chuṭṭi ke adhiḱār he, to āp ke pās hak he u chuṭṭi ke khlas hoe pe chuṭṭi se pahile la pad pe lauṭe ke.

Lekin agar āp fikzḍ-ṭem koṭreḱṭ pe he, to āp ke bōs ke āp ke fikzḍ-ṭem koṭreḱṭ baḍhāe ke jaruri nai he i karan se ki āp bina talab ke chuṭṭi leta he. Agar āp ke fikzḍ-ṭem koṭreḱṭ āp ke bina talab ke chuṭṭi ke taem khalas hoe jae he to āp ke koi adhiḱār nai he ki āp wahi kām pe fir se lauṭo (jab tak ki āp ke kām ke koṭreḱṭ me aise likhan nai hoe). Agar āp ke fikzḍ-ṭem koṭreḱṭ āp ke bina talab ke chuṭṭi ke taem ke bād khalas hoe he to āp ke adhiḱār he wahi kām pe lauṭe ke aur apan koṭreḱṭ khalas kare ke.

Agar āp ek kesual karamchāri he aur apn bōs ke khatin bāra mahina tak lagatār kām nai kara he to āp ke bōs ke koi jimwāri nai he ki āp ke aur kesual kām de āp ke grab ke chuṭṭi ke bād.

Agar āp mangta he jane ki kaise apan kām ke kare la taem badle ya kām ke bare me kuch vyabhstha kare to [Changing hours and requesting flexible working arrangements - Fair Work Ombudsman](#) ke sahi sekshan pe jāo.

Ham ghare lauṭe sakta he baccha paida kare ke khatin?



Ha, kafi samae garab karamchārilong apan ghare laute ke chune he bacha ke janam de ke khatin jis se ulong ke parwār ke sahaeta mile janam se pahile, janam ke samae aur janam ke bād me. Is se ulong ke mauka mile he baccha ke khatin sahi vyabhstha kare ke agar ulong Aṣṭrelia lauṭ ke apan laiba mobilīṭi kām ke mange jāri rakhe.

Agar āp mangta he ghare lauṭ ke apan baccha ke janam de, to āp ke chahi he apan ḍokṭa se bāt kar ke pata lagao ki āp garab ke kon halat me he jis se āp sakta he apan lauṭe ke vyabhstha kare sake jab āp meḍikālī thik he. Hawai jahaz ke kampani long ke apan niyam rahe he garab ke taem yatra kare ke aur kafi hawai jahaz āp ke safar kare ke ijjazat nai dai agar āp 28 hapta se upar garab se he- apan hawai jahaz ke kampani se aur jānkari ke khatin chek kar lena.

I jaruri he ki āp apan bōs se pahile se apan līv ke bare me aur apan lauṭe la tarik aur safar ke bare me bāt kar lo.



AṣṬrelia me janam de ke khatin hamme paisa bhare ke paḍi?



Ha, AṣṬrelia me PALM skim ke niche kām kare la taem garab karamchāri aur uske pāṭna pura swast ke kharcha ke jimawār rahi.

Meḍikal insurans jon āp ke visa ke ek shart he kuch rakam se āpke paisa ke bharai me maddat kare he, lekin AṣṬrelia me kafi meḍikal insurans garab se juḍa kharcha aur janam de la kharcha (obṣṭeriktiks) ke nai kava kare he, jab tak ki āp insurans ke bāra mahina se jada samae tak nai rakha he.

Agar āp insurans ke bāra mahina ke samae ke pura nai kara he lekin fir bhi AṣṬrelia me rahe ke mangta he janam dewe, tab i bahut jaruri he ki āp kharcha ke bare me soch lo kahes ki u bahut mahanga he. Ap

garab se juḍa sab kharcha ke jimwār rahega, jaise laiba aur janam la, janam ke bād ke kharcha āp ke aur āp ke baebi ke chahe u pablik ya praivaṭ swast sanstha me hoe. Kuch-kuch chiz ke khatin āp ke batawa jai ki seva se pahile paisa bharo. I kharcha sake he joḍāe ke bahut hali baḍ jae – jada kar ke agar āp ya āp ke baebi ke garab ke samae ya janam ke samae kuch komplikaishans bhae – āp ke sait pata lagi ki āp ke hafi hazār paisa ke kami rahi.

Āp ke chahi he apan insurans de la se bāt karo i pata lagae ke ki kon kharcha kavaḍ rahi aur apan ḍokṭa se bāt karo pata lagae ke ki kitna kharcha rahi janam de me i faisla banae se pahile ki kaha pe janam dega.



Agar ham AṣṬrelia me janam diya to ka hamar visa ke halat badli?

- kuch shartlong he jon āp ke PALM skim visa ke sathe juḍa he jiske āp ke pālan kare ke paḍi.
- āp apan visa ke ulanghan nai karega agar āp ke visa veliḍ he (ekspāya nai bhae) aur āp PALM skim ke niche kām karta he.
- Āp ke apan baebi ke bare me Ḍipāṭment of Haum Afeas ke jaldi se batae ke paḍi jis se ulong āp ke baebi ke visa ke khatin āp ke maddat kare sake.



AṣṬrelia me hamar baebi ke kon visa ke jarurat he?

Agar āp ke baebi AṣṬrelia me paida bhae he:

- ek baebi jon AṣṬrelia me paida bhae he uske i jaruri nai he ki uske AṣṬrelian siṭizanship mil jae, jab tak ki janam ke taem maiya bappa me se ek AṣṬrelian siṭizan ya pamanant resiḍant raha.
- agar āp ke baebi AṣṬrelia me paida bhae he aur āp ke uske dusra perant AṣṬrelian sitizan ya pamanant resiḍant nai he, to āp ke baebi ke wahi visa mili jon uske bappa maiya ke pās he uske AṣṬrelia me paida hoe la taem.
- āp mango apan baebi ke bare me jitna jaldi hoe sake (chahe ulong ke pās pāspoṭ nai hoe) Ḍipāṭment of Haum Afeas ke batae do jis se ulong āp ke baebi ke pāspoṭ ke khatin maddat kare sake. Āp ke baebi sake he āp ke jon filhāl ke visa he usme joḍāe ya to fir u visa me jiske āp aplāe kar diya he.
- agar āp ke baebi ke pās abhi pāspoṭ nai he, āp uske pāspoṭ ke paijas bād me sakta he bheje. Lekin, āp ke jitna jaldi hoe sake mango i kar do.

Aur jānkari ḍipāṭment of Haum Afeas ke suchna de ke khatin aur apan baebi ke visa ke bare me Ḍipāṭment ke websait [You had a baby](http://You.had.a.baby) (homeaffairs.gov.au) pe jao.

Menu Immigration and citizenship

Some of our online systems will be unavailable due to maintenance between 8:00pm (AEST) Friday 17 March 2023 and 8am (AEST) Saturday 18 March 2023. See what this means for you and what systems might be affected.

Home → Change in your situation →

You had a baby

See if your baby needs a visa or could be an Australian citizen.

If you have had a child you should tell us as soon as possible. This service only provides general information about babies born in this country and/or visa requirements. It does not cover more complex situations such as:

- children born to non-recognised parents
- children born to parents at Merits Review or Judicial Review
- parents who have had several and consecutive visa grants and transactions since the baby's birth

Question 1 of 5

Was your baby born in Australia?

☐ Yes

☐ No

[Continue](#)



Aur konchi hame dheyān me rakhe ke paḍi?

Swast ke Insurans:

Agar āp ke baebi Aṣṭrelia ke siṭizan ya pemānanṭ resiḍenṭ nai he, to ulong ke Aṣṭrelia me praivaṭ insurance ke jaruri rahi.

Agar āp Aṣṭrelia me PALM skim ke niche rahta he, to apan bōs se batāo ki āp ke bacha ke āp ke swast ke insurans me āp ke jada kharcha pe joḍ de. Ap ke apan insurans ke de wala kampani se bāt kare ke chahi jis se āp insurans kavā aur jada kharcha ke samjhe sako.



Rahe la jagha:

Āp ke dheyān me rakhe ke padi ki āp ke koi dusra rahe la jagha ke jarurat paḍi ya jab tak āp Aṣṭrelia me he tab tak ke khatin bacha ke dekh-bhāl ke khatin chaelḍkea ke jarurat paḍi. Kuch Aṣṭrelia ke gamin ilaka me i subhidha kamti rahe he aur jada kharcha pe mile he to bahut dheyān se āp ke yojna kare ke paḍi ki sab subhidha thik rahe. Āp ke bōs sait āp ke maddat kare sake he.



Paisha ke yojna:

Agar āp vichār karta he garab ke samae bina talab ke chutti le ke to kuch samae rahi bina āmdani ke – āp aur āp ke pāṭha ke pas mango jarurat ke bachat raho jon āp ke aur āp ke baebi ke saheta kare sake jab tak āp kām pe lauṭega nai. Āp ke vichār kare ke padi ki jon talab me se paisha kaṭe he us pe kaise asar paḍi aur kaise āp apan insurans aur ghar ke rahe la kharcha kaise bharega jab āp kam nai karega. Āp ke apan vektigat aur paisha ke age ke soch ke badle ke paḍi jon āp laiba mobiliṭi me juḍe ke taem socha raha kahes ki ab prastithi me kafi badlao āe jai. Agar āp apan desh me apan ghare nawa janma bacha ke sathe jāe mangta he to āp ke dheyān me rakhe ke paḍi aur jada kharcha bhāḍa aur rahe ke khatin. Aṣṭrelia me dono bappa maiya ke kartav he apan bacha ke paisha ke saheta de ke.



Sab kagzāt ke tayar karna:

Beth seṭifikaṭ ke hasil kare me kafi hapta sake lage aur i jaruri he ki āp wahi edras pe raho jaha seṭifikaṭ bheja jai. Apan bōs, aspātal ya kāusala sevis se bāt karo i pata lagae ke ki kaise i sab kagzāt ke hasil karo aur kitna kharcha hoi.

Āp ke beth seṭifikaṭ aur safar ke sab paipas jaise baccha ke pāspoṭ ke khatin aplāe kare ke padi ghare lauṭe ke khatin.



Ghar lauṭna:

Agar āp mangta he apan baebi ke sathe ghare lauṭe to apan CLO/LSU ke batao jis se ulong āp ke desh ke polisi ke bare me salah de sake āp ke jarurat ke adharit.



Gharelu aur parwārik hinsa, seksual swast, manzūri aur khusi aur swast rista:

Agar āp ke lage he ki āp ek hinsa la rista me he, ya koi ke janta he jon he, to i bahut jaruri he ki jitna jaldi hoe sake utna jaldi maddat khojo. Gharelu aur parwārik hinsa ke bare me [here](#) sikho.

Agar āp seksual ekṭiv he, i jaruri he ki āp ḍokṭa ke pās barabar jao apan seksual swast ke check kare ke khatin. Sab se accha tarika he seksual transmiṭaḍ infekshan (STI) ke kamti kare ke ya bina taeyari ke garab hoe ke he 'saif seks' ke palan karo. Seksual swast ke bare me aur [here](#) sikho.

Dheyān rakhna Aṣṭrelia me i kanūn ke khilaf he ki bina ek insān ke manzuri ke ya bina uske manzuri nai de pae, uske sathe seksual kām chahe u chumna ya chūna hoe manā he. Is ke seksual asaolṭ bola jae aur i ek jurm he. Seks aur manzuri ke bare me [here](#) sikho.



Kaha maddat lo ya koi se bāt karo

Agar āp ke sath seksual asault bhae he aur āp mangta he shikāyat kare, āp ke chahi he pulis ke hali se hali sampark karo. Agar āp surakchit nai he ya to ek emejensi he to 000 pe kol karo. Āp sewaṭ seksual sapoṭ sebis se bhi le sakta he, jaise ki 1800RESPECT 1800 737 732 pe.

Koi PALM skim me se hame sake maddat kare?

Ek nawa desh me accha se jindagi saware me kafi kathinai sake rahe lekin āp ke maddat ke khatin sapoṭ aur subhidha uplabd he. Agar Aṣṭrelia me jindagi saware ke kahtin āp ke pās koi sawal he to āp apan bos se sakta puche. Agar u sawal ke jawab nai jane he, u sake āp ke batae kis se bāt karo, jis me samil he PALM skim sapoṭ ke aur sewa jaise:



Kanṭri lāishan ofisa (CLO) ya laiba aṭechis

Āp sab wartamān CLO koṭekṭ ke bare me PALM websait (<https://www.palmscheme.gov.au/contact>) pe sakta pae.



PALM skim sapoṭ sewa lain (1800 51 51 31) pe ya imail (palm@dewr.gov.au)

Plis dheyan rakhna ki sapoṭ sewa lain aur imail inboks 8:30 am – 6.30 pm AEST pe nigrani rahe he – i samae ke bād ke kol khali bahut jaruri kām ke khatin mango raho.

Kaise sakta he ham gupt profesnal maddat le?



Agar āp ya aur koi jab Aṣṭrelia me he aur garab aur palan posan ke bare aur jānkari mangta he to niche taibal me dewal i sewa sanstha ke koṭekṭ karo. I sansthalong āp ke maddat kare sake he ya āp ke sahi disha me kare sake he jaha āp ke u sewa mili jon āp ke jarurat ke he ya āp ke pahuch tak he.

AṢṬRELIA ME JARURI REFERAL AUR SAPOṬ SEWA

SEBIS	I KONCHI KARE HE?	KONṬEKṬ KE JĀNKARI
Helth Ḍaerekṭ	Sab se accha rasta ek apan nazdik ke dokṭa ke khoje ke khatin Helth Ḍaerekṭ ke websait pe jao. Āp ulong ke sewa khoje la istamal kar ke sab se nazdik maddat pae sakta he – selekṭ 'GP – jeneral prakṭishna' sewa ke niche apan pausṭkauḍ enṭa karo apan sab se nazdik dokṭa ke khoje ke kahtin, ya helth ṭopiks A-Z teb ke niche 'pregnansi' khojo.	Kol karo: 1800 022 222 Desh bhar me, 24/7 www.healthdirect.gov.au/australian-health-services www.healthdirect.gov.au/pregnancy

AṢṬRELIA ME JARURI REFERAL AUR SAPOṬ SEWA

SEBIS	I KONCHI KARE HE?	KONṬEKṬ KE JĀNKARI
Garab, janam aur baebi	Aṣṭrelia ke sab se accha garab aur baebi ke websait, bāp māi ke garab se le ke kinḍagaḍan tak shaeta de. Ek baebi la nēs se bāt karo vektigat salah aur marag ke kahtin. Grab ke bare me, janam ke bare me, māi bāp hona aur baccha ke pale ke bare me aur jānkari pao.	 Faun: 1800 882 436  Web: https://www.pregnancybirthbaby.org.au/Pregnancy-care-on-a-visa
Femli Plening Ālains Aṣṭrelia	Femli Plening Ālains desh ke sab se uchyē sanstha he rīproḍaktīv aur seksual helth ke. I janta ke swast ke bare me prerna de he polīsi ke gahra me samjhae ke aur uske wakalat kar ke. Agar āp ek femli plening klinik jāe mangta he ya sikcha mangta he to sebis paij pe jāe ke femli plening sanstha apan stahnie ilaka me khojo, ya apan ṣṭaiṭ me sanstha ke khojo. Femli Plening ālains Aṣṭrelia ke websait: https://www.familyplanningallianceaustralia.org.au/services/ pe jāo.	Ṣṭaiṭ aur ṭerīṭari femli plening asosiashan: ACT - Seksual helth aur Femli Plening ACT  Faun: 02 6247 3077  Web: https://www.shfpact.org.au/ NSW – Femli Plening NSW  Faun: 1300 658 886  Web: https://www.fpnsw.org.au/ NT – Femli Plening Welfea asosiashan NT Inc ke.  Faun (08) 8948 0144  Web: http://www.fpwnt.com.au/ QLD - Saccha: Risyta aur riproḍaktīv swast  Faun: (07) 3250 0200  Web: https://www.true.org.au/ SA – Shain SA  Faun: 1300 883 793  Website: https://shinesa.org.au/ TAS – Femli Plening Tasmenia  Faun: (03) 6273 9117  Web: https://fpt.org.au/ VIC – Femli Planing Vikṭoria  Faun: 03 9257 0100  Web: https://shvic.org.au/ WA - Seksula Helth kōṭaz Westan Aṣṭrelia  Faun: (08) 9227 6177  Web: https://shq.org.au/

SEBIS	I KONCHI KARE HE?	KONṬEKṬ KE JĀNKARI
Aṣṭrelian Govament Dīpātment of Haum Āfeas - Imigraishan aur Siṭizanship	Agar āp ke Aṣṭrelia me baebi hoege he ya hoe la he, to āp ke Dīpātment of Haum Afeas ke batae ke chahi kahes ki āp ke visa pe sake asar paḍe. Haum Afeas ke websaiṭ ke jānkari pe – ‘chāinj in sichuaishan – heḍ a baebi’ āp ke jānkari dai kaise Dīpātment ke batao apan badla stithi ke bare me aur visa ke stithi pe maddat.	 Websaiṭ pe jao: https://immi.homeaffairs.gov.au/change-in-situation/had-a-baby
Fea Wōk Ombaḍsmen	Fea Wōk Ombaḍsmen Aṣṭrelia ke desh bhar ke kām la jagha ke kanūn ke niyamt kare he aur kām ke adhikar aur jimwāri pe sikcha de he. Fea Ekṭ 2009 ek bōs ke koi ulta karwai koi karamchari ke khilaf ya koi sake kām kare la insān ke sathe bhedbhao kare se roke he.	 Websaiṭ pe jao, www.fairwork.gov.au, for more information on: Wōkplais ḍiskriminaishan - Fea Wōk Ombaḍsmen Proṭekshan from ḍiskriminaishan et wōk - Fea Wōk Ombaḍsmen Pregnant emploī entaetalments - Fea Wōk Ombaḍsmen Applaingg fo perantāl līv - Fea Wōk Ombaḍsmen Taeking perantāl līv - Fea Wōk Ombaḍsmen Ritening tu Wōk from perantāl līv - Fea Wōk Ombaḍsmen
Sapoṭing Wōking perantṣ inisiatiṽ Aṣṭrelian human raitz Komishan	I gāiḍ karamchāriling ke maddat kari: - kanūn jon garab, perantāl līv aur kām pe lauṭe la samjhāi - ulong ke hak ulong ke bōs long se accha se bāt chit kari	 Websaiṭ pe jāo, www.supportingworkingparents.humanrights.gov.au, Aur jānkari ke khatin: Wōking Perantṣ: Kwik Gāid tu yo Raitz Sapoṭing wōking perantṣ - a gāid fo emploīs Sapoṭing wōking perantṣ - andastending da lao Sapoṭing wōking perantṣ - wōking wāel pregnant Sapoṭing wōking perantṣ - emploīs end līv Sapoṭing wōking perantṣ - ritening tu wōk from līv Sapoṭing wōking perantṣ - komensing end ending emploiment

Jab ki i mātrial ke banae me sab dheyān rakha gae he, PALM skim, uske karamchāriling, volantis ya paṭnas koi jimwāri nai le he i fektshit ke jānkari me koi galti, chūt, bhul ke samband me jis ke karan koi insān ke koi hāni ya demaj hoe he i fektshit ke jānkari ke upar nirbhar rakhe ke karan. I fektshit me dewal jānkari ke banawa gae he khali ām jankari ke khatin. Is ke irada nai he koi bhi kanūni ya profesnal salha ke jagha le ke. PALM skim ya uske paṭnas koi bhi jimwāri nai le he koi bhi jān ya anjān naticha jon i fektshit ke jānkari ke uppar nirbahr rakh ke nikla he.

